



Living in the Balance

July and August 2020

Honestly, I told myself I was done with *Living in the Balance* for the foreseeable future.... maybe forever. I have written about racism and shadow and prejudice over and over....what more to say? I found myself feeling like Natalie Wood in *Inside Daisy Clover* trying to kill herself by putting her head in the oven. But then she doesn't because she keeps getting interrupted. The doorbell. The phone. It's that dark humor side of me that finds this both tragic and comical. Life interrupts her. On my "head in the oven" days I am grateful for things that pull me back from the brink. Once again, I am ever indebted for the life of a man I'm more than a little in love with....John Lewis. I just watched *Good Trouble*. He's been out there working endlessly....living and breathing his beliefs about justice and equality for almost all of his 80 years. Willing to sacrifice his life for the lives of the oppressed and the oppressors for all our sakes. What is there not to love? Thank the Universe for his shining soul and his enduring, abiding spirit of hope and belief that we are not beyond courage and redemption. God....I hope he is right.

In the words of John Lewis....

"You must find a way to get in the way and get in good trouble, necessary trouble. You have a moral obligation, a mission and a mandate to go out and seek justice for all. You can do it. You must do it."

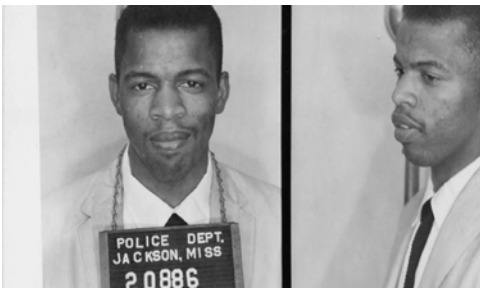
-- **John Lewis, Good Trouble**

"Take a long, hard look down the road you will have to travel once you have made a commitment to work for change. Know that this transformation will not happen right away. Change often takes time. It rarely happens all at once. In the movement, we didn't know how history would play itself out. When we were getting arrested and waiting in jail or standing in unmovable lines on the courthouse steps, we didn't know what would happen, but we knew it had to happen. Use the words of the movement to pace yourself. We used to say that ours is not the struggle of one day, one week, or one year. Ours is not the struggle of one judicial appointment or presidential term. Ours is the struggle of a lifetime, or maybe even many lifetimes, and each one of us in every generation must do our part. And if we believe in the change we seek, then it is easy to commit to doing all we can, because the responsibility is ours alone to build a better society and a more peaceful world."

— **John Lewis, Across That Bridge: A Vision for Change and the Future of America**

"You are a light. You are the light. Never let anyone—any person or any force—dampen, dim or diminish your light. Study the path of others to make your way easier and more abundant. Lean toward the whispers of your own heart, discover the universal truth, and follow its dictates. [...] Release the need to hate, to harbor division, and the enticement of revenge. Release all bitterness. Hold only love, only peace in your heart, knowing that the battle of good to overcome evil is already won. Choose confrontation wisely, but when it is your time don't be afraid to stand up, speak up, and speak out against injustice. And if you follow your truth down the road to peace and the affirmation of love, if you shine like a beacon for all to see, then the poetry of all the great dreamers and philosophers is yours to manifest in a nation, a world community, and a Beloved Community that is finally at peace with itself."

— **John Lewis, Across That Bridge: A Vision for Change and the Future of America**



About Spiritual Direction —

- Offers a space and time for you to explore, reflect upon, and deepen your relationship with God.
- Provides a haven from the daily busyness of the outer world and opens a time to be still and to reflect on your inner journey.
- Is a companioning relationship grounded in dialogue and discernment.
- Explores ways you may integrate spirituality into your daily life.
- Is not limited to any one spiritual practice or tradition.
- May involve one or two meetings or multiple meetings over time.

You may wish to consider spiritual companioning if you are —

- Longing for a deeper relationship with the Divine
- Looking for a place to dialogue about spiritual questions
- Seeking ways to connect with the Spirit in a more intentional way
- Discerning ways to live in a more integrated and whole way
- Standing at a crossroads in your life
- Exploring new or fresh ways to be in relationship with God

For more information about Spiritual Direction, please feel free to contact me by phone 864-246-3960 or via email at wmeade@meadellc.com

Wanda Meade, M.Ed.
Completed Haden Institute in Spiritual Direction Program
PO Box 14940
Greenville, SC 29610

None of these photos are mine. I am grateful for the images captured of John Lewis. My hero and a light in this world.

